



JOIN THE HEALTHY EATING CHALLENGE

Click here to register!

(<https://sanjose.well-concepts.com>)

Open to the first 500 participants

Learn tips and tools to eating healthy and mindfully!
Weekly webinars on healthy eating practices, blogs, pop-up challenges, and prizes!

Webinar Schedule:

Week 1: August 6th 12PM - 1PM	30 days of Healthy Eating
Week 2: August 13th 12PM - 1PM	Get Supermarket Savvy
Week 3: August 20th 12PM - 1PM	Cooking for Wellness
Week 4: August 27th 12PM - 1PM	Intuitive Eating

Webinar videos will be posted to the interactive portal following the webinar.

Employees can access anytime after the webinar ends.

Employees can use their work computers during scheduled lunches and breaks to participate in the challenge.

View the FAQs on our website [here](#)

Questions? Contact HRBenefits@sanjoseca.gov

Approved for posting by the Director of HR